

# MCLAUGHLIN MS/HS SCHOOL SNACK POLICY

## Intro

A survey of students in the school determined a need for students to have access to snacks throughout the day. Students expressed concerns that they were not allowed to bring snacks to school due to concerns that foods would either be unhealthy or unsafe due to the potential for some foods to have drugs or alcohol embedded in them. To meet the needs of our students and also address the concerns of parents and staff, the following policy was developed to find a solution to the issue in January 2016.

## Survey

A survey was completed by students, parents and staff in October 2015 to determine the support for and against allowing snacks in school. The general comments from all stakeholders are outlined below:

### STUDENT SURVEY

Comments For Snacks	Comments Against Snacks
<ul style="list-style-type: none"> <li>Needed because some students don't eat school breakfast/lunch (food preference)</li> <li>Don't understand a specific reason of why snacks are not OK</li> <li>Students get hungry or thirsty during the day</li> <li>Would like to be able to bring store purchased drinks</li> <li>Students support being able to bring water to class</li> <li>Allowing drinks/food may help students stay awake</li> <li>Less hall passes will be used to get a drink</li> <li>Selling coffee to students may help some stay awake</li> <li>Make a policy that states what food are actually allowed, not banning all snacks</li> <li>Teachers are allowed to have snacks and students do not</li> <li>Some students may not be eating breakfast at home because of availability</li> <li>Want to be treated like young adults—not little kids</li> </ul>	<ul style="list-style-type: none"> <li>Teachers should have a say of what foods are in their classrooms</li> <li>Junk food should not be allowed</li> <li>No energy drinks allowed</li> <li>Students need to make sure to throw their garbage away</li> <li>More messes in the school for additional garbage</li> <li>Food should not be a distraction in class</li> <li>Worries about students sneaking in alcohol in water bottles</li> </ul>

### PARENT SURVEY

Comments For Snacks	Comments Against Snacks
<ul style="list-style-type: none"> <li>Should be allowed, but only during certain times of the day—break times</li> <li>Not all students like school lunch</li> <li>Students should be allowed to bring healthy items only</li> <li>Students need to drink more during the day, especially water</li> <li>Students could bring a water bottle that is filled at school</li> <li>Research to support hydrated brains retain knowledge better</li> <li>Students are coming home starving after school</li> <li>Should be offered to students with good grades as an incentive</li> </ul>	<ul style="list-style-type: none"> <li>Not allowed because students will bring alcohol in drinks from outside school</li> <li>Food or drink should not be allowed</li> <li>Keep policy as is</li> </ul>

### STAFF SURVEY

Comments For Snacks	Comments Against Snacks
<ul style="list-style-type: none"> <li>Fresh vegetables and fruit and no junk food</li> <li>Students need to be allowed to have water in class</li> <li>Students should be allowed, unless it is a distraction to learning</li> <li>Students need to eat because school lunches are not providing enough</li> <li>Students athletes need to be consuming more calories for after school sports</li> <li>Teachers can place restrictions on snacks if students don't follow them</li> <li>Food needs to stay in lockers</li> </ul>	<ul style="list-style-type: none"> <li>Classroom policy on food should be left up to the teacher</li> <li>Students need to be respectful and considerate of school and discard trash</li> <li>Some students are not respecting school and throwing food trash away at breakfast. Problem could get worse</li> <li>Keep policy as is</li> </ul>

## Mac Cafe

The entrepreneurship class in the high school would like to add to their current business model of selling school gear and sell food related items either before or after school. The students in this class realized that there were potential concerns and wanted to address both the needs of the students as well as the needs of parents and staff. The biggest obstacle they would face would be attempting to provide SAFE food and drinks to students because of concerns that food or drink from the outside may be contaminated. The students presented their model to administration and expressed a desire to move forward with a plan to start 2<sup>nd</sup> Semester.

## Conclusion

As a result of the survey data, there seems to be tremendous support for food and snacks being allowed in school, but with limitations. The following food policy was created as a result of the data that was collected to find a “win-win” solution to this issue.

## USDA Food Guidelines—Smart Snacks in School

McLaughlin MS/HS Supports the following USDA Food Guidelines in our food policy, which aligns with the McLaughlin School District Wellness Policy:

The USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today’s school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards build on those healthy advancements and ensure students are offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### **Any food sold in schools must:**

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*
- Approved list of commercial foods: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>

### **Foods must also meet several nutrient requirements:**

Calorie limits: <ul style="list-style-type: none"><li>◦ Snack items: ≤ 200 calories</li><li>◦ Entrée items: ≤ 350 calories</li></ul>	Fat limits: <ul style="list-style-type: none"><li>◦ Total fat: ≤35% of calories</li><li>◦ Saturated fat: &lt; 10% of calories</li><li>◦ Trans fat: zero grams</li></ul>
Sodium limits: <ul style="list-style-type: none"><li>◦ Snack items: ≤ 230 mg**</li><li>◦ Entrée items: ≤ 480 mg</li></ul>	Sugar limit: <ul style="list-style-type: none"><li>◦ ≤ 35% of weight from total sugars in foods</li></ul>

**\*\*More detailed federal and state guidelines can be found by going to:**

[http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

<http://www.fns.usda.gov/healthierschoolday>

<http://doe.sd.gov/cans/documents/SSumchar.pdf>

# **McLaughlin MS/HS Food and Drink Rules and Regulations**

## **General Guidelines**

- Food and beverage guidelines will apply to **ALL general area locations** of the school and will be enforced
- Students will be allowed to bring **WATER** that is in a commercially purchased, re-sealable, non-spill container to all classrooms. Generic Plastic water bottles are not allowed in classrooms because their noise is disruptive to the learning environment
- Teachers who are concerned about school property shall designate a location where water may be placed to prevent damage to school property
- Limitations on any food or drink policies below will be determined as appropriate by individual classroom teachers. School staff reserves the right to determine when and where food or drink can be consumed in their individual classroom
- Limitation on food and beverage may be restricted by a staff member to protect school property (computers, lab chemicals, school supplies, books, etc.), to limit disruption to the learning of other students, or when it creates a classroom management issue
- Classroom teachers reserve the right to take away any food or drink privilege of a student for inappropriate use as needed for no longer than 2 week intervals. Each repeated offense will double the restriction for the following violation (Ex: 1<sup>st</sup> offense—2 weeks, 2<sup>nd</sup> Offense—4 weeks, etc.)
- All food or beverages consumed by students **MUST** be acquired/purchased inside the school through the school district food service or Mac Cafe
- Students will be responsible to throw away all food or beverage trash in the appropriate trash receptacles in the school. Staff or administration reserves the right to limit food and beverage availability if this is not followed.
- Students are responsible for cleaning up any messes they make with food or beverages
- All food and beverage offered for sale or consumption will follow USDA guidelines for Smart Snacks
- M-Cash will be allowed for the purchase of all items at the Mac Cafe

## **Food and Beverage Guidelines**

- Students may purchase food and beverages offered by the Mac Cafe and consume them following the general guidelines above
- Students are allowed to bring into the school **EMPTY water bottles**. Bottles may be filled at water fountains inside the school. No outside liquids or beverages will be allowed
- Students may consume food and beverages at their locker between classes as allowed by their classroom teachers, except for water which will be allowed and not restricted in all classrooms. Consumption of food and beverage shall not be a reason for a student being late/tardy for class
- High School students will be allowed to purchase coffee from the Mac Cafe. All coffee purchases will follow USDA guidelines. Coffee is not allowed for purchase by middle school students per USDA guidelines. All coffee purchased by students must be consumed no later than 7:45 AM in each classroom. Students should be allowed by 1<sup>st</sup> period teachers to finish any coffee purchased at the Mac Cafe.
- Food and beverages other than water may be restricted by individual classroom teachers.
- Students may take purchased snacks or food items with them to lunch. However, items must not be opened or consumed until in the lunchroom area. **NO EXCEPTIONS**

## **Mac Cafe**

- Will follow and adhere to all federal, state, and school district guidelines for **ALL SALES**
- Will designate hours of sale before or after school and communicate this to all students and staff
- Will submit a list of items to sale to administration prior to sale on an annual basis. Items may be added as needed